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RSI, Repetitive Strain Injury Caused by Electronic Gadgets, Laptops, PC's and Mobile Phones. Neck Pain? Shoulder Pain? Wrist Pain? Thumb Pain? It Could Be RSI, Repetitive Strain Injury. (Paperback)

By Lucy Rudford

Imb Publishing Repetitive Strain Injury RSI, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is a must have for anybody who uses a PC, laptop, tablet, game console or mobile phone on a regular basis. Don't we all? Therefore this book is for everybody! The book is written in an easy to read and understandable style. In a straightforward, no nonsense fashion, Lucy Rudford covers all RSI aspects including facts and information about Tendonitis, Carpal Tunnel Syndrome, Neck Pain, Shoulder Pain, Wrist pain, Sore Wrist, Pain in the Thumb, RSI Symptoms, RSI Mouse, RSI Computer, Office RSI. Pain relief, treatment and stretch exercises included. This book is full of sound advice and answers to all your questions - including some you didn't even know you had! The book includes warnings for children, teenagers and adults. The real life stories will make you realise what can happen if you don't pay attention to your health! Covered in this book: - Statistics and facts - Risk factors - Symptoms - RSI and arthritis - Treatments - Coping - Preventing - Self care - Posture...



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